

Rainbow Vegetable Kabobs Food Activity/Snack



Picture source: <https://calorganicfarms.com/>

Fresh ingredients: cherry tomatoes, baby carrots, yellow peppers, celery, broccoli, and red cabbage, Other: small cups and wooden skewers. Serve with hummus.

Directions:

1. Wash vegetables and cut into small pieces (about 1.5 inches) and put one of each type to make 1 kabob into a small cup.
2. For young children, prepare skewers by cutting off sharp tips.
3. Teacher demonstrates how to put the rainbow kabob on the skewer while discussing healthy eating includes eating all the colors of the rainbow.
Red: Keeps your heart and blood healthy
Orange: Protects your eyes & reduces sickness
Yellow: Good for skin health, digestion & immunity
Blue & Purple: Improve memory & brain function
4. Have children wash their hands. Pass out cups and skewers to each child to make their own kabob(s). Refer to serving size information below. Serve with hummus.

NOTE: To serve as a creditable CACFP snack meal, the vegetable serving size for children ages 1-2, 3-5 and adults is $\frac{1}{2}$ cup or approximately 2.5 ounces by weight. Ages 6-18 need $\frac{3}{4}$ cup or approximately 3.25 ounces by weight. Use a kitchen scale to weigh the vegetables for the portion size needed. More than one kabob may need to be served. A second component is required. A USDA Hummus recipe link is below or choose one of the other components to meet the snack meal pattern.

Hummus – USDA recipe: <https://healthyschoolrecipes.com/recipes/hummus-usda/> (1/4 cup provides 1 oz. meat/meat alternate).